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THAT WHICH IS CLAIMED IS:

1. A method for reducing pressure damage to skin of a person, the method comprising:

determining at least one location on the person susceptible to pressure damage; and

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adhesively securing a skin protective device to the at least one location, the skin protective device comprising a substrate having an inner surface and an outer surface, an adhesive layer substantially covering the inner surface, and at least one fluidfilled cell on the outer surface.

- 2. A method according to Claim 1 wherein the skin protective device further comprises a removable protective layer on the adhesive layer; and further comprising removing the protective layer before adhesively securing the skin protective device.
- 3. A method according to Claim 1 wherein the at least one fluid-filled cell comprises a plurality of fluid-filled cells in a side-by-side relation.
- 4. A method according to Claim 1 wherein the at least one fluid-filled cell defines an exposed outermost surface for the skin protective device.
- 5. A method according to Claim 1 wherein the at least one fluid-filled cell is filled with at least one of a gas, liquid and gel.
 - 6. A method according to Claim 1 wherein the

adhesive layer covers at least 75% of the inner surface of the substrate.

- 7. A method according to Claim 1 wherein the substrate has a substantially uniform thickness throughout.
- 8. A method according to Claim 1 wherein the substrate comprises a polymer; and wherein the adhesive layer comprises hydrocolloid.
- 9. A method according to Claim 1 wherein the substrate has a flat shape.
- 10. A method according to Claim 1 wherein the substrate has a predetermined arcuate shape.
- 11. A method according to Claim 1 wherein the substrate comprises a flexible material
- 12. A method according to Claim 1 wherein the substrate comprises a shape-retaining material.
- 13. A method according to Claim 1 wherein the at least one location includes at least one of a toe, heel, ankle, trochanter, knee, sacrum, coccyx, buttocks, ischium, scapula, elbow and occiput.
- 14. A skin protective device for reducing pressure damage to skin of a person and comprising:

a substrate having an inner surface to be positioned adjacent the skin of the person, and an outer surface;

an adhesive layer substantially covering the inner surface of said substrate for adhesively securing the substrate to the skin of the person;

at least one fluid-filled cell on the outer 10 surface of said substrate to cushion the skin of the person; and

a removable layer on the adhesive layer to protect said adhesive layer prior to application to the skin of the person.

- 15. A skin protective device according to Claim 14 wherein said at least one fluid-filled cell comprises a plurality of fluid-filled cells in a sideby-side relation.
- 16. A skin protective device according to Claim 14 wherein the at least one fluid-filled cell defines an exposed outermost surface for the skin protective device.
- 17. A skin protective device according to Claim 14 wherein said at least one fluid-filled cell is filled with at least one of a gas, liquid and gel.
- 18. A skin protective device according to Claim 14 wherein said adhesive layer covers at least 75% of the inner surface of said substrate.
- 19. A skin protective device according to Claim 14 wherein said substrate has a substantially uniform thickness throughout.
- 20. A skin protective device according to Claim 14 wherein said substrate comprises a polymer; and wherein said adhesive layer comprises hydrocolloid.

- 21. A skin protective device according to Claim 14 wherein said substrate has a flat shape.
- 22. A skin protective device according to Claim 14 wherein said substrate has a predetermined arcuate shape.
- 23. A skin protective device according to Claim 14 wherein said substrate comprises a flexible material.
- 24. A skin protective device according to Claim 14 wherein said substrate comprises a shaperetaining material.
- 25. A skin protective device for reducing pressure damage to skin of a person and comprising:

a substrate having an inner surface to be positioned adjacent the skin of the person, and an outer surface;

an adhesive layer substantially covering the inner surface of said substrate for adhesively securing the substrate to the skin of the person;

a plurality of fluid-filled cells on the

outer surface of said substrate to define an exposed
outermost surface for the skin protective device to
cushion the skin of the person; and

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a removable layer on the adhesive layer to protect said adhesive layer prior to application to the skin of the person.

26. A skin protective device according to Claim 25 wherein said adhesive layer covers at least 75% of the inner surface of said substrate.

- 27. A skin protective device according to Claim 25 wherein said substrate has a substantially uniform thickness throughout.
- 28. A skin protective device according to Claim 25 wherein said substrate comprises a polymer; and wherein said adhesive layer comprises hydrocolloid.
- 29. A skin protective device according to Claim 25 wherein said substrate comprises a flexible material.
- 30. A skin protective device according to Claim 25 wherein said substrate comprises a shaperetaining material.